

106.

New Series.

VOL. VIII.

"FIX UPON THAT COURSE OF  
LIFE WHICH IS BEST: CUSTOM  
WILL RENDER IT MOST  
DELIGHTFUL."

OCTOBER.

THE DIETETIC REFORMER.

TWOPENCE MONTHLY.

LONDON: F. PITMAN.  
MANCHESTER AND LONDON: JOHN HEYWOOD.  
AND VEGETARIAN SOCIETY,  
56, PETER ST., MANCHESTER.

1880.



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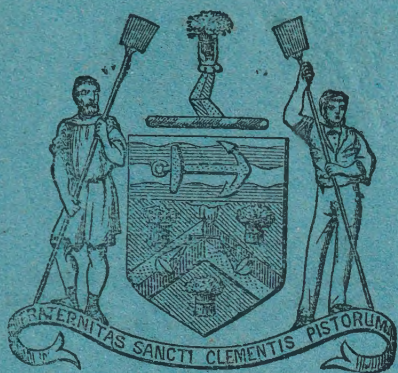
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*Luncheons, Dinners, and Teas served daily.*

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Taught by the Power that pities me,  
I learn to pity them.

But from the mountain's grassy side,  
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And water from the spring.—*Goldsmith.*

The fare supplied includes good coarse oatmeal porridge and milk, delicious milk puddings (pearl barley, semolina, hominy, maccaroni, rice, sago, tapioca, &c.), genuine brown bread and butter, stewed and fresh fruits, delicious new milk, best qualities of tea, coffee, cocoa, and chocolate.

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AND  
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1ST OCTOBER, 1880.

[PRICE TWOPENCE.

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## NOTICES AND CORRESPONDENCE.

*The "pure solidified cocoa" can be obtained from Mr. James Burns, 18, Southampton Row, London, W.C.*

*"Can we not form a Vegetarian band in London during the coming winter? I shall be glad to hear from others."*—*E. H.*, care of the Secretary.

*"Enquirer" should see the "Vegetist's Dietary," for upwards of 200 recipes for dishes of various kinds, exclusive of fruits, for every season, with full instructions for making bread, &c.*

*J. K. Hill.*—*Much too long, as well as too provocative of controversy. But we will take care that your letter shall be seen by the writer of the article, and thus your end will be answered.*

*"Manual on the Culture of Small Fruits" may be had direct from the author, Rev. E. P. Roe, Cornwall-on-the-Hudson, Orange Co., N.Y. Price 50 cents; payment may be made in postage stamps.*—*J. L.*

UNITED KINGDOM TEMPERANCE AND GENERAL PROVIDENT INSURANCE SOCIETY.—*Will any Vegetarians who are insured in the Temperance Section be kind enough to communicate with Mr. Bailey Walker?*

*"J. S."* would find peas pudding one of the best dishes for carrying out to work. Others use lentil paste. An omelette, as a sandwich between bread, is excellent. See *"Penny Cookery"* or the *"Vegetist's Dietary"* for suitable recipes.

THE BRUTES' REVENGE.—*Can any reader supply an original copy of the verses entitled "La Revanche des Bêtes et la Revanche des Fleurs," par M. Emile Goudeau, which has lately appeared in the "Revue Moderne et Naturaliste"?*

EDINBURGH.—*Mr. James Clark (30, Greenside Street) wishes us to mention that he imports the valuable preparations of the Health Food Company, New York, viz., wheat, barley, oats, rye, cereal coffee, flour, &c. Descriptive pamphlets sent on application.*

COMMUNICATIONS for the Editor should be written on slips separately from letters to the Secretary, and should be received before the 10th of each month. ALL communications, whether for the publishing, editorial, or secretarial department, to be addressed to the Society's office, 56, Peter Street, Manchester.

*"Annie" wants an American stove—not an English copy (the Americans call ours boxes, not stoves). These stoves are suitable for home baking, as practised throughout the United States, but their cost is considerable. Why not ask a baker to start a public bakehouse? In England scarcely any small town is without them?*—*E. J. L., Glasgow.*

ERRATA.—*The communication from me with regard to "College Disabilities," printed on page 197 of the "D. R." for September, should read "Let me mention that the 9s. 1½d. charged per week of five days during the former half of the term has now been raised to 10s." Lower down, "No doubt Hall-dinners is the outcome" should read "No doubt the present system of Hall-dinners is the outcome."*

ANTI-VACCINATOR.—*We neither affirm nor deny your position. Of kindred subjects which have attracted the attention of Vegetarians from its close relationship to their own movement after purity of food and life, that of vaccination with many holds a prominent place. It is by no means true that Vegetarians as such are unanimous in their views on this one question, though in their ranks many stout non-vaccinators are numbered. But at any rate, facts in connection with the controversy are welcome, and such may appropriately be given in the pages of the "Dietetic Reformer."*



# THE DIETETIC REFORMER,

AND

Vegetarian Messenger.

CVI.—NEW SERIES.]

1ST OCTOBER, 1880.

[PRICE TWOPENCE.]



VEGETARIANISM is assuming an organised form in France. The present year has seen three notable incidents in Paris. The first is the publication of a translation of the *Pythagorean Regime* of Cocchi ; the second the establishment of a Vegetarian Society ; and the third the issue of Mrs. Kingsford's remarkable dissertation. Cocchi's book is known to students, but its reissue in a popular form is a timely contribution. In the same volume has been included the treatises of Cornaro and of Lessius—a library of health in miniature. Of Mrs. Kingsford's thesis we may quote the words of Professor Raoux, who says : " The talent, the learning, and the personal experiences of Mrs. Kingsford will assure for her work a great and a legitimate success." The Vegetarian Society of Paris has for Presidents MM. Haureau de Villeneuve, M.D., and Prof. Aderholdt, Ph.D. At Lausanne there has just been formed a Société d'Hygiène Générale et de Végétarisme. It is intended to be an organisation of Vegetarians and of those in sympathy with Vegetarianism for the purpose of extending the knowledge of sound hygienic principles in general and of Vegetarianism in particular. The Honorary President is Dr. F. W. Dock, the Director of the Hygienic Institute at Unter-Weid (St. Gall) ; the President is M. D. B. Guignard, the former editor of *La Réforme Médicale* ; the Secretaries are Dr. E. Raoux and Professor H. Thiele. Amongst the Vegetarian notabilities named are the following : Th. Hahn (St. Gall), E. Baltzer, Dr. Bilfinger, Professor Hyrtle (Vienna), Dr. Haureau de Villeneuve (Paris), Dr. Aderholdt (Paris), Prof. Bekétof (St. Petersburg), Prof. Nordström (St. Petersburg), Prof. Illinsky (St. Petersburg). After naming some well-known German and English books the circular mentions a contribution by Prof. Bekétof to the *Vestnik Evrope* of August, 1878, on " The Food of Man in the Present and in Future," and some lectures on " Hygiene " by Prof. Illinsky. There is a Vegetarian Society at Nice presided over by M. Edouard Raoux, a former Professor of the Academy at Lausanne. These are gratifying indications of growth.



THE Vegetarian Society will hold its thirty-third anniversary meetings at the Association Hall, 56, Peter Street, Manchester, on Wednesday, 20th October. The annual business meeting and Conference will take place at 2 o'clock, in room No. 14 (Professor Newman in the chair), when the Annual Report will be read, and matters concerning the promotion of the Society's work will be considered. Business over, the meeting will adjourn to the Annual Dinner, which will be held in the large Hall at 5 o'clock. Tickets, 1s. 6d. each, may be had from Mr. Sutton, 91, Oxford Street; Mr. Smallman, Exchange Arcade, and from 56, Peter Street, Manchester. At 7 o'clock the chair will be taken by Mrs. Algernon Kingsford, M.D. Addresses are expected from the Revs. C. H. Collyns, M.A., Professor Mayor, W. N. Molesworth, M.A., James Clark, W. J. Monk, M.A., Professor Newman, Messrs. William Hoyle, J.P., T. Kirkman, and R. Coad. Some music is expected, and some flowers. Friends from a distance who intend to be present will oblige by giving us intimation, and any suggestions for the business of the annual meeting should be sent in as early as possible to our Secretary.

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MR. BARON D. WEBSTER, of Newland Court, Great Malvern, is a strong advocate for the nurture of our English home industries. Writing on his favourite theme, he insists:—

That our own country of England can and does produce as fine fruit (of the sorts mostly used for domestic purposes) as any other country in the world. That whatever the case may be as regards wheat, there is no need whatever for the importation of foreign fruit. By such importation our native industries are neglected, the national purse drained, our country population decreased. Thousands and thousands of tons of fine fruit are annually made into cider, eaten by pigs, or trodden under foot by cattle and horses, on account of the grower being unable to obtain a price that will pay him for the labour of marketing. During the winter it is no uncommon thing to see the fruit trodden in by the sportsmen in pursuit of the fox, or ploughed in as manure. All this time we are paying out of the country thousands and thousands of pounds per annum for fruit, while the private consumer grows worse off every season. It would even seem that associations are formed by American and Continental importers to prevent English fruit reaching our own markets at all. This is especially the case with regard to London. In spite of the strong re-actionary feeling springing up with regard to Free Trade in the matter of corn, its free importation is probably the cause of bread being cheaper to the thick population of our restricted acreage. But with fruit the reverse is the case, as to import fruit is to raise the price, as it tends to entirely stop our own supply.

Mr. Webster advises our obtaining our fruit for domestic use straight from the growers among our own countrymen. He thinks it "far better to buy English fruit direct from the grower, and thus to save the profits and expenses of the merchant, the middle-man, and the shop-keeper."



## A MEDLEY OF BOOKS.\*



R. LAWSON'S Blennerhasset experiment extended from 1862 to 1872. The establishment included "a farm, (420 acres), extensive farm buildings, a market garden, artificial manure works, steam ploughing machinery, a laboratory, a free library, a free school, and several grocery shops." Blennerhasset is a village of about two hundred people, on the south side of the little river

Ellen, situate between Carlisle and Maryport. The volume (1) in which the story of these various works is related, can hardly be said to possess the unity of a book. It is rather a collection of chapters, and these the contributions of several writers. Of the twenty-one chapters, the introductory one is written by Mr. G. J. Holyoake; six are by Mr. William Lawson; ten are by Dr. C. D. Hunter (the chemist of the estate); one is by Mr. Miller Tiffen; another is by Mr. Hunter and Mr. Tiffen, jointly; another by "A Neighbour," and one—"What our neighbours think of us"—is contributed by two writers—one a neighbour, and the other an employé on the estate. It is impossible that any reader should understand, without actual perusal, the very numerous interests, studies, experiments—personal, social, and scientific—of which these chapters comprise the relation. The fact that our friend, Mr. William Lawson (brother of Sir Wilfrid Lawson, Bart., M.P.) was the author of them, and that therefore many of these experiments had relation to Vegetarianism, is sufficient to commend them to our readers generally, and we confine our notice to the few points which more directly coincide with the scope of our own work. How Mr. Lawson became a Vegetarian he relates in chap. vi., p. 93.

"On the 4th October, 1861, an emissary of one of the numerous societies in which my father was interested, or which were interested in him, came to luncheon at Brayton. [Can this 'emissary' have been Mr. Barker?] On my offering him a mutton chop, he said he was a Vegetarian, and commended his system of diet to me. I determined to give the system a trial; so after eating one more mutton chop I became a Vegetarian. After about a year's abstinence from flesh, I thought Vegetarianism agreed very well with me, and I began to read, with much interest, such books as Graham's "Science of Human Life," and Smith's "Fruits and Farinacea." I thought the vegetarian theory true; and, as experience seemed to confirm it, I

\* 1. "Ten Years of Gentleman Farming at Blennerhasset." By William Lawson, Dr. Chas. D. Hunter and others. London: Longmans. 1874.

2. "The Life and Work of Philip Pearsall Carpenter, B.A. London, and Ph.D. New York." Edited by his brother, Russell Lant Carpenter, B.A. London. C. Kegan Paul. 1880. 360pp., with portrait and five illustrations. Second edition.

3. "American Womanhood." By James C. Jackson, M.D. Austin Jackson & Co., Dansville, Livingston Co., New York. 159pp. Price One Dollar.



continued the diet. I wished to show my neighbours what a variety of excellent food could be provided at small cost, without having recourse to the flesh of animals, to eggs, milk, butter, and cheese, or even to such things as pepper and salt. So for Christmas, 1866, I got up a vegetarian dinner, to which several hundred people came. . . . It still seems to me that the cheapness of a vegetarian compared with a flesh diet ought to commend it to the poor for their own sake, and to the rich, as it leaves at their disposal more wealth for other useful purposes. But costly food seems to be commonly regarded as specially advantageous, and probably will continue to be so regarded as long as hunting for private wealth is, by common consent, the great game of the world."

The story of this and other Christmas festivals, their successes and their failures, is told by Dr. Hunter at length in Chapter IX. Space forbids our further reference to the subject here. At page 172 we come face to face with a very important practical question of the future, viz.,

"Whether, if every farmer weighed every scrap of food and bedding used by his cattle, charging them at current market rates; and weighed also the manure obtained, valuing it, too, at current market rates, and charged also the labour of cattle-tending and trading; whether, after so separating the cattle trade from his farming proper, he would not begin to ask, is there no way of farming without cattle? This question was forced on us immediately we began to place every department on its own bottom, so to speak. Latterly we farmed somewhat successfully without cattle. . . . All we do claim is, that the nearer we approached to profitable farming, and the more carefully we sifted our facts, the more convinced we became that on some soils crop-farming would yet prove more profitable than stock-farming."

A very interesting table, among the many given, is that at page 173, where are shown the cash value of stock, the cost and purchases of stock, the cost of oats, cakes, and feeding stuffs; the sales of cattle, and the sales of dairy produce for the years 1862-1870. Indeed it would be hard to find a book, except, perhaps, those by Mr. Mechi, where similarly extensive and valuable series of results are placed at the service of the reader. Costly as this farming experiment may have been to Mr. Lawson, it has resulted in the publication of data of the utmost value to others. Dr. Hunter's chapter on "Manures," xvii., pp. 290-318, affords one of the strongest illustrations of the fact. Here again (at page 305) we meet the question of farming with cattle or without:—

"That we were justified in trying to farm without cattle, I think few will doubt who examine our cattle balance sheet; already £5000 had been lost in cattle feeding . . . Then, as theoretical and practical vegetarians (fruit and grain eaters), we were not unwilling to attempt vegetarian farming. Its possibility was already assured, for clay land at least, by Messrs. Lawes and Gilbert's experiments on the growth of wheat for nearly thirty years on the same piece of land; an average annual produce of between 30 and 40 bushels per acre having been obtained by the use of purely chemical manures. Their experiments show similar results for barley and hay, and have demonstrated that, under rotation, results more practicable were obtainable. . . ."

Dr. Hunter goes on to relate the astonishing results obtained on a 400



acre farm at Sawbridgeworth, Herts, where no stock is kept, and where "Mr. Prout has never used one load of farm-yard manure." He had had but one sheep on his farm since he purchased it, then (1874) some thirteen years ago. Further

"He tried the cattle one season, but he found that horned stock did not pay; and he did not feel inclined afterwards to try the fleecy stock, and therefore he never had any stock at all."

It must startle even the old-fashioned farmer to have pointed out to him the "disadvantage of carting 15 cwt. of water with each 47 $\frac{3}{4}$  lbs. of farm-yard manure, while its liability to contain the seeds of weeds is a cause of much after trouble." Again, adds Dr. Hunter, it is no theory, but a "hard indisputable fact," forced upon us both by experience and analysis "that farm-yard manure is too stimulating."

"Indeed, in farming practice this stimulating nature of farm-yard manure is continually recognised and guarded against. Especially is this the case in the growth of flax, for which the manure must be applied to *the previous crops*, otherwise the flax would be inferior. In market-gardening, too, this fact is appreciated and allowed for, autumn manuring being common. For wheat the proportions of farm-yard manure are better."

Dr. Hunter, after giving much information of this topic, turns to another—one which is both a farmer's and a national question, namely—What amount of food per acre is obtainable under the two systems? He replies:—

"Adopting, as the basis of comparison, Dr. Frankland's determinations of the amount of muscular force obtainable from various foods, and, for the weekly rations, Dr. E. Smith's inquiries into the dietaries of the working classes, we find the relative food-supplying power of 100 acres under different crops as below\* :—

Goldsmith speaks of the time when every rood of land maintained its man; but unless the land was very good, potatoes must have been the main diet, as they alone come up to that mark,† one acre nearly supporting seven men. Wheat and the other grains sustain about 2 $\frac{1}{2}$  men per acre; but the introduction of milk or mutton reduces this greatly. So that, even with our modern green crop system, four roods cannot maintain even half a man, when mutton is taken as the measure of his sustenance. These differences—ten to one against the stock farm—explain, along with the increase of population, why we are now so largely a grain importing country; for the consumption of flesh has increased far out of proportion to that of population, and for every acre turned from wheat and potato growing to the production of flesh, the produce of nine acres of grain, &c., has to be imported. This may seem a question of perhaps little importance to the farmer individually, or to the nation in time of peace; but war with a maritime nation might at any time make it a question of life and death."

\* The weight given for mutton is exclusive of offal, but inclusive of all the carcase fat, which forms about one-third of the total weight.—C. D. H.

† It should be remembered that Goldsmith applied the word "rood" rather in the general sense of plot or portion of land than in the exact and definite meaning which the term has acquired in recent times, viz., one-fourth of an acre; also that spade husbandry is implied, and probably peasant proprietorship.



This is a valuable and interesting biography (2) of an early and eminent member of the Vegetarian Society. The wonderful activity of life and brain, the intense humanity and moral earnestness, and the practical beneficence of which his life was full, renders the book an extremely instructive one. Dr. Philip Carpenter was a member of a distinguished family. His father was the late Dr. Lant Carpenter, resident in Bristol at the time of Philip's birth. His sister, Miss Mary Carpenter, also quite recently deceased, will be remembered by all for her heroic work on behalf of reformatory schools in England, and for her mission to the native women in India. The story relates with much faithfulness of detail the early life and education of Philip; his college life of ministerial preparation; his career as a Dissenting minister—first at Stand, and afterwards in Warrington; his work in the social mission field on behalf of freedom, sanitary and temperance reform (he was a fast friend and hard worker for the United Kingdom Alliance); his eminent usefulness to science ("shell-science," as he modestly described it); and in later life his settlement at Montreal, where he died in 1877. No one can understand the amount of interest which such an earnest life-story possesses without a perusal of it. No one probably can read the book with entire pleasure and approval; but none surely can read it without admiration for a character which was so sincere, so self-denying, and so untiring in its beneficent purpose. Professor Newman writes of him as "my pupil, first in Bristol, afterwards at Manchester. . . . I did not see much of him out of class, but I soon gained a perception how very transparent was his nature—guileless and ardent—a nature with which I had warm sympathy. . . . I much admired the earnest purpose, solid character, sweetness and gentleness of temper, combined with originality, free from eccentricity and juvenile arrogance." This book is a worthy tribute of a brother to a brother—truly one of whom any brother may well be proud. During his ministry at Warrington, the feasting of the civic authorities afforded Dr. Carpenter the opportunity for perhaps one of the most needed criticisms upon public bodies for his or for our own day. A public library had been founded, and people were found to complain of the paltry rate of a halfpenny in the pound per year imposed for its maintenance. He reminded such objectors that these persons, who had plenty to eat and drink at home, consumed at one series of entertainments what might have afforded "the mental and to a great extent the bodily food of sixty or seventy neglected children throughout the entire twelve months." In an article entitled "The Rest for the Dispensary," he told how "the good people of Warrington had three very good mayors, each of whom has given



several extremely good dinners, which have cost a good many hundreds of pounds." Then the mayors were invited to a dinner in return, when it was agreed that 12s. 6d. should be paid for each dinner, but that 15s. should be charged for each ticket, "the rest to go to the dispensary." About a hundred persons sat down. "A very bad example was set to people who are scolded by the 'higher classes' when *they* spend money foolishly and get drunk." But the conclusion of the whole matter lay in the fact that when the accounts were made up "the rest to the dispensary" amounted to—eight shillings and sixpence! About the same time (1851) Dr. Carpenter's house was visited by thieves, who carried off coin and handy valuables to the amount of about £10. This afforded him the opportunity to issue the following characteristic placard, which was copied into the newspapers, and excited much attention and comment. An excellent gaol chaplain thought it "the most singular thing he ever saw." Much indignation was expressed among the poor at the outrage on one who was such a friend to them. It was "like robbing a church." But Dr. Carpenter felt it very lightly, and he "made it an excuse for giving away the remainder of his silver spoons that there might be one temptation in his house the less," while a few gentlemen, determined that he should lose nothing, presented him with the amount, which he refused, except on condition that he might give it to one of his workmen friends who wanted to emigrate. This was the bill:—

"ROBBERY.—Whereas certain persons or person did feloniously enter my dwelling-house last evening between the hours of five and eight p.m., and having burst my desks, drawers, and bureau, did abstract therefrom, &c., &c. . . . I hereby give notice that I offer no reward for the discovery of the said parties, if for no other reason, because I have incurred sufficient loss already. If, however, the parties should be discovered, I do not intend to prosecute them—(1) Because my evidence will not be received in a court of justice unless I swear, which I am forbidden by our Lord to do (Matt. v., 34). (2) Because I believe that transporting the said parties or sending them to jail would make them worse than they are, and I am forbidden to recompense evil for evil (Rom. xii., 17). And (3) Because that would be a strange way of showing the forgiveness which I am bound to exercise (Matt. vi., 15). If the said parties should see this document, and will come to see me, I promise to do them no harm, and I shall be glad of an opportunity of conversing with them. . . . Lastly, I earnestly beg of them to give up their present evil courses (Eph. iv., 28), and to live a useful and a holy life, that they may have part in the mercy of God which is by Christ Jesus (Rom. vi., 21—23)."

This is a remarkable book (3) and an eminently useful one, helpful to the study of a social problem as yet very little understood—indeed grievously misunderstood—in this country as well as in the United States. Dr. Jackson (first writing in 1870) dedicates his book



"TO MY BELOVED WIFE,

"Who, during the forty years of our marriage, hath done me good and not evil ; who hath girded her loins with strength, and made strength and honour her clothing ; who hath looked well to the ways of her household and eaten not the bread of idleness ; who hath opened her mouth for the dumb, and reached forth her hands for the needy ; whose children rise up and call her blessed."

Starting with the vast experience gained at "Our Home on the Hillside"—described as the largest infirmary in the world—Dr. Jackson contends that American womanhood is a type peculiar to itself, a fact which he illustrates in the first of the fifteen chapters of his book. How this is so—especially in the matter of physical organisation—he proceeds to show very precisely in Chapter II. ; and one is startled to find, as the result of Dr. Jackson's own observations and measurements in hundreds of cases, now *one* of these peculiarities lies in the fact that the American woman has so developed in activity of brain and has become so slight of structure that while the average measurement of head is  $21\frac{1}{2}$  inches that of waist is  $21\frac{1}{4}$  ! How this has come about and how it should be remedied—not suddenly, but by the gradual process of a better life through the generations to come—Dr. Jackson expresses plainly. This "new and original type" of woman, "unlike any seen before her time, or now existing outside the United States, is thus a type abnormal and and defective," and results in a series of physical evils which Dr. Jackson has tabulated under twelve heads—most instructive and most wholesome, however unattractive, reading !

But what are "the causes which have wrought so wide a departure from the ancestral build" ? Of physical causes Dr. Jackson goes on to enumerate—(a) unhealthy food ; (b) unhealthy drinks ; (c) unhealthy dress ; (d) constrained locomotion ; (e) confinement indoors ; and (f) too frequent childbearing. These subjects Dr. Jackson proceeds to treat chapter by chapter, pronouncing in favour of simple and unstimulating foods in Chapter III., and especially against fine flour bread, on which, he says, "American women construct defective bones, than which it would be difficult for them to do a worse thing." So he goes on—

"No woman, however round in muscle and smooth in outline, can have hardness of body if she have brittle bones. They indicate lack of endurance. She, under heavy taxation, breaks down easily. Life's trials wreck her. Strong bones cannot be made out of starch ; and superfine flour has more of starch than of any other substance in it. Starch is readily converted into sugar, and thus serves excellently as heat-forming food ; but sugar does not make muscle, or sinew, or nerve. White, leavened bread should never be eaten as a staple food."

We cannot pause to quote much other interesting matter, but when Dr. Jackson summarily declares that American women "eat quickly, talk rapidly, walk too fast, read too much, sleep too little, pass girlhood



too soon, and become old too early," we cannot forbear presenting this fact, and all the approaches to it, as a warning to English women, whom we would gladly save from so swift a waste of life's glorious heritage. In Chapter IV. Dr. Jackson pleads for "living soft water" as "the only fluid fit to be used as drink," and then discards, not intoxicants only, but our pet minor stimulants, tea and coffee, and very decidedly "all the mineral waters of America and Europe." Chapters IV., V., and VI. deal with unhealthy dress and restrained locomotion, and suggest a fearfully dark picture of what would happen if we were to "put every *man* on earth into petticoats, and keep them on him!" "Life indoors" is dealt with in Chapter VII., while the next six chapters deal with the subject of the marriage relation, and treat on

(a) "Women who can and do make good wives and good mothers.

(β) "Women who can and do make good wives, but who do not make good mothers.

(γ) "Women who do not make good wives, but who do make good mothers.

(δ) "Women who, as society goes, neither make good wives nor good mothers."

Most able and instructive chapters, each of them, and worthy the widest perusal. With Chapter XIV. and last, we really cannot deal, for it treats on—the ballot!

X.

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#### TO THE MEMBERS OF THE SOCIETY OF FRIENDS.

WE VENTURE to address you on a subject which is not popular; which yet, on account of its grave and deep import—personally and nationally—has the very strongest claims on national attention. It has such claims, we are satisfied, on the Society of Friends, and on yourself as a faithful and intelligent member of that body. We, therefore, ask your most earnest heed to our plea. Somebody, writing in parody of a familiar line, assuming the lowered state of the public conscience, says that in these days

*"Commerce doth make cowards of us all."*

Many, truly, cry out for trade to be FREE who trouble themselves little if it be CLEAN, and forget that everything a man's hand findeth to do should be done in the fear of God and for the blessing of his neighbour.

Need we remind you how Friends have earned our gratitude—nay, the gratitude and admiration of a wide circle of intelligent and patriotic Englishmen—for their noble and self-denying services in the past? The early Friends did great things in dark times and under hard conditions. For many a brave deed; for many a scoff endured for righteousness' sake; for many a high-placed sinner faithfully rebuked; for many a holy experiment; for the weak and helpless befriended; for the schoolless taught, after-generations have deep cause to thank them. For the help which Friends have rendered to the cause of prison reform; for their efforts to extend peace among the nations of the earth, to liberate the slave, to prevent cruelty and intemperance, and to promote the adoption of principles of humanity and self-control—we owe more than can well be told.

The battle is not over; the victory is but partially won. Much remains to be overcome. And it is because Friends have laboured for peace, for temperance, for humaneness in relation to all sentient beings—both to our own race and to suffering animals generally—that we claim their further help in the promotion of a root-



principle—one which makes alike and completely for peace, for temperance, and for humaneness to all our fellow-creatures.

Need we point out how the habits of luxury now so generally prevalent in English society present an inevitable barrier to those ways of purity and simplicity of life which are essential alike to moral control and spiritual advancement; that luxurious eating precedes needless drinking; that the occupations of the stock-breeder, the cattle-drover, the slaughter-man—which the habits of English society call into exercise for its gratification—do not minister to the moral elevation of the individuals so employed, or to that of the nation which ordains them to such callings, and then, as a pariah class, rules against their admission within the pale of its respectable and cultivated circles? Need we remind you that land devoted to grazing purposes does not employ one-fourth the labour, neither does it yield one-fourth the food of land used for the higher purpose of garden and cultivated field? and when we urge that the experience both of individuals and nations proves conclusively that this cruelty to animals, this inhumanity to our fellow-men, this unpatriotic use of land that it may yield the *smallest* result in food, and give employment to the fewest labourers, is wholly unnecessary, have we not said that which at least must command your attentive ear and prompt inquiry whether these things be? And, if these things be so, can you not help us to promote the adoption of a course of life which shall minister towards the establishment of the “new earth wherein dwelleth righteousness,” where, in place of barrenness, the orchard and the cultivated field shall flourish, and the cattle-pen and the slaughter-house be no more, as it was in Eden at the first? May we not ask for your help in these things? Surely the gentler lessons of Bernard Barton or of John G. Whittier have not been given in vain, nor the lives of Elizabeth Fry and John Howard (the latter of whom attributed his comparative immunity from disease, when enduring the most arduous labours and visiting dens of misery which could scarcely now be found in Europe, to his simple habits and vegetarian diet) been lived without purpose, to the Friends of a later generation. Surely those who delight to feed the hungry will hear with interest of a method whereby they may feed two where they have fed one before; and those who labour against intemperance may be asked to encourage a system which prevents the acquirement of the drunkard’s appetite, while it opens the only effectual way for the recovery of those who have fallen into the drunkard’s snare.

Thirty-three years ago a few pioneers met together at Ramsgate for the establishment of a society which should seek, for such reasons as we have stated, “to induce habits of abstinence from the flesh of animals as food,” recognising in such abstinence a “principle tending essentially to true civilisation, universal brotherhood, and the increase of human happiness.” This Association, we are glad to say, has never been without its supporters among the Society of Friends. But, cherishing ends which are so distinctly at one with theirs, may not its claims and aims be reasonably and again laid before them? May we not, in the great name of humanity, look to Friends for some of the help which, at this time, we so greatly need for the diffusion of valuable knowledge which many are waiting to receive?

(Signed),

EMERITUS PROFESSOR F. W. NEWMAN,

President of the Vegetarian Society.

WILLIAM E. A. AXON, M.R.S.L., F.S.S., Treasurer.

P. FOXCROFT, Chairman of the Executive Committee.

R. BAILEY WALKER, F.S.S., Secretary.

56, Peter Street, Manchester, 23rd August, 1880.



## Correspondence.

HEREDITARY TASTES.—A *Times* correspondent says that the taste for *high game* dates from the days when the grouse were long in travelling southwards. If so, this is another case of inherited tastes for Mr. Darwin. We wonder to how many generations downward the London alderman's taste for the green fat of turtle descends. After all, may not fashion have much to do with these things? We remember an old lady of rank, who received company much in her time, telling us that when it was *the thing* to take snuff her footmen often found little piles of snuff by the side of certain chairs, furtively deposited there by men who could not snuff without sneezing, but who dared not, in good society, confess to the weakness, and so put themselves out of the pale of the *haut ton*.—C.H.C.

TIMELY.—It has perhaps occurred to others as it has very strongly to me, that a period of extreme distress is just the opportunity for a careful presentation to the public of the real basis of our society's sound and absolutely unanswerable arguments, apart from all the side issues set up, all more or less capable of being frittered away, which the economic view cannot be. Recent articles in the newspapers have forcibly impressed my mind with the importance of getting up the subject calmly, logically, and in the tone of Dr. Richardson's "Lectures on Total Abstinence." Certainly the present burden of "cheap food for the poor" brings right to the front just what should be fairly brought before the working class. If they acted wisely in total abstinence and vegetarianism, they could in seven or ten years *be the ruling body*, and in the course of the mental and bodily discipline necessary to that result, they would acquire wisdom enough to *use that power rightly*.—J. H.

STOVES.—Your correspondent's enquiry about the best cooking apparatus has an important bearing on the success of Vegetarianism. The "hole-in-the wall" provision for heating and cooking, prevalent in the United Kingdom, is extravagant and inefficient. In the great stove competition instituted by the Society of Arts in the year 1874, more than 200 stoves were subjected to severe tests, which resulted in Smith and Wellstood's being declared the best, most efficient, and economical, and to do their work more perfectly than all others upon much less fuel. This firm has showrooms at 2, Ludgate Circus, E.C. The oven is always at a uniform heat, although it can be increased or diminished. If the flues are cleaned every morning, which takes very little time, success is certain. I consider the "Victoress" the best stove in existence. It is made in four sizes, with utensils complete. An open or closed fire can be had without affecting the boiling or baking. I have one myself, and my housekeeper is pleased with it. Your correspondent would obtain lists and prices on application.—J. H. JONES, Catholic Priest, Carnarvon.

FAIR PLAY FOR THE MILLERS.—I am sorry to see the article "Bread and Bread-Making," from the *Pall Mall Gazette*, in the *Dietetic Reformer* for July. It is a great pity not to have tried to find out whether the abominable charges there made against millers were true or not. For thirteen years I have been in daily intercourse with millers in the midland and western counties, and I have no hesitation in saying that the charges of adulteration made by the *Pall Mall Gazette* are utterly false. The flour turned out of our mills is made from wheat, and wheat only, and the only fault is that too much is taken out of it, and nothing but the finest flour left; but for this you must blame the public, and not the miller. Let there be a demand for whole meal, and our millers will supply it, and make a much better quality than can be made by any hand mills.—GEORGE NEWMAN. [We are very glad to insert Mr. Newman's defence of the millers. He touches a matter on which both Vegetarians and the public greatly need information. Of course the *Pall Mall Gazette*, and not ourselves, is responsible for the statements made in its own columns.—EDS. D.R.]



FRUIT CULTURE in hedge rows on waste lands, &c., has my entire sympathy, and wherever opportunity presents itself I always advocate it, especially amongst farmers. At Holt-by-Farndon, Cheshire, on the opposite side of the River Dee, the damson is grown extensively in the hedgerows, and I have heard that some farmers there often pay their rent from that fruit alone (hearsay evidence). If we had a Vegetarian (a practical man) appointed as public officer to encourage fruit culture some good might result.—W.D., Chester.

“MAKING TEA” IN INDIA.—Can any one give recent information as to the conditions under which the labour is obtained and employed in the tea-growing districts of Assam and Cachar, in British India? We are supposed to be familiar with the horrors of the slave-ship, but according to the writer of an article under the above title (see *All the Year Round*, vol. xi., 1864, p. 56), these were not worse than the system of coolie emigration, which he describes as having himself seen in operation in these districts. Men, women, and children were contracted for, like so many cattle, by private emigration agents in Calcutta, at so much per head, “the contractors receiving from the tea planters a certain sum for every individual landed on their plantations, as well as for those who died on the passage.” The result was an amount of cruelty “as disgraceful and repugnant as the African slave trade itself.” The story of the human beings shipped on board the “Thomas Brassey,” as told by the writer of this article, and of the disease and deaths on the passage, would astonish many. Let us hope that all this is now changed. But is it?—*Δελατα*.

CASSAVA, AND SOMETHING MORE.—When a youngster, I used frequently to partake of a delicious pudding made of milk and mandioka, sometimes called cassava. This is the refuse pulp, left after making tapioca, from the mandioka, or cassava root. The tapioca is merely the starch, which falls to the bottom of the tub over which the roots of cassava are pulped, and which, when dried in the sun, is sold as tapioca. But the tapioca is poor stuff compared with the mandioka. Puddings made of it, and milk, and flavoured with almonds, are delicious. As it is very cheap, I have often wondered why it is not imported by our grocers, and sold to the public. The captain of a Liverpool steamer told me that the natives of Brazil make a porridge of cassava and water, and that it is the staple food of the people there. He also told me that immense quantities of it, finely ground, come to Liverpool, and are there sold by brokers to the linen manufacturers for stiffening their linens. I tried to get it at Liverpool, and enquired from some of the principal grocers, but none of them *had ever heard of it*. So I went to a broker's, and he showed me a number of bags of samples of it, but it was all very finely ground into powder; and he confirmed the captain's report that it goes into the cotton or linen manufacturer's hands. The cassava which I used to see in my youth was somewhat like coarsely ground oatmeal. When made into a pudding, which required three table-spoonsful to a pint and a half of milk, and to be baked in a very slow oven, so as to occupy three hours before it was properly cooked, it resembled chopped almonds, mixed with fine tapioca, and was most agreeable to the palate. The sago of my early days was very superior in flavour to the modern article which goes by that name, and which latter has been “refined” and “purified” by the chemist till it bears but a very slight resemblance to its original self, and thus loses many of its best qualities and its flavour. Cannot the vendors of farinaceous food be induced to provide these articles for the benefit of Vegetarians? I would also advise them to import buckwheat flour, which I frequently hear Americans and others complaining “they can't get in England,” and which they all declare to be superior to all other farinaceous food. In the Brazils, cassava is known as “farina” (pronounced “fareena”).—JOHN MALCOLM, F.R.C.S.



ings, a considerable degree of intelligence, and even, according to her own religious system, of a *living soul*. That this is a principle in the social disposition of mankind, is evident from the deliberate coolness with which seamen, when their ordinary provisions are exhausted, sit down to devour such of their comrades as chance or contrivance renders the victim of the moment; a fact of which there are but too many, and those too well-authenticated instances. Such a crime, which no necessity can justify, would never enter the mind of a starving Gentoo, nor, indeed, of anyone who had not been previously accustomed to other animal flesh. Even among the Bedouins, or wandering Arabs of the desert—according to the observation of the enlightened Volney—though they so often experience the extremity of hunger, the practice of devouring human flesh was never heard of.”

In the two following chapters, Ritson traces a large proportion of human diseases and suffering, physical and mental, to indulgence in unnatural living. He cites Drs. Buchan, Goldsmith, Cheyne, Stubbes (*Anatomy of Abuses*, 1583), and Sparrman the well-known pupil of Linné (*Voyages*).

In his ninth chapter, he gives a copious catalogue of “nations and of individuals, past and contemporary, subsisting entirely upon vegetable foods”—not the least interesting part of his work. Some of the most eminent of the old Greek and Latin philosophers and historians are quoted, as well as various modern travellers, such as Volney and Sparrman. Especially valuable are the enquiries of Sir F. M. Eden (*State of the Poor*), who, in a comparison of the dietary of the poor, in different parts of these islands, proves that flesh has, or at all events *had*, scarcely any share in it—a fact which is still true of the agricultural districts, manifest not only by the commonest observation, but also by the scientific and official enquiries of late years.

Of individual cases, two of the most interesting are those of John Williamson of Moffat, the discoverer of the famous chalybeate spring, who lived almost to the age of one hundred years, having abstained from all flesh-food during the last fifty years of his life,\* and of John Oswald,

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\* Quoted from an article in the *Gentleman's Magazine*, (August, 1787), signed *Etonensis*, who, amongst other particulars, states of the hero of his sketch that he was “one of the most original geniuses who have ever existed. . . . He was well skilled in natural philosophy, and might be said to have been a moral philosopher, not in *theory* only, but in strict and uniform *practice*. He was remarkably humane and charitable; and, though poor, was a bold and avowed enemy to every species of oppression. . . . Certain it is, that he accounted the murder (as he called it) of the meanest animal, except in self defence, a very criminal breach of the laws of nature; insisting that the creator of all things had constituted man not the *tyrant*, but the lawful and limited *sovereign*, of the inferior animals, who, he contended, answered the ends of their being better than their little despotic lord. . . . He did not think it

‘Enough

In this late age, advent'rous to have touched  
Light on the precepts of the Samian Sage,’

for he acted in strict conformity with them. . . . His vegetable and milk diet afforded him in particular, very sufficient nourishment; for when I last saw him, he was still a tall, robust, and rather corpulent man, though upwards of fourscore.” He was reported, it seems, to be a



the author of *The Cry of Nature*. It is in this part of his work that Ritson narrates the history of his own conversion and dietetic experiences, and of his well-known publisher, Mr. R. Phillips.

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XXXV.

NICHOLSON. 1760—1825.

AMONG the least known, but none the less among the most estimable of the advocates of the rights of the oppressed species and the heralds of the dawn of a better day, the humble Yorkshire printer, who undertook the unpopular and unremunerative work of publishing to the world the sorrows and sufferings of the non-human races, claims our high respect and admiration. He has also another title (second only to his humanitarian merit) to the gratitude of posterity as having been the originator of cheap literature of the best class, and of the most instructive sort, which, alike by the price and form, was adapted for wide circulation.

George Nicholson was born at Bradford. He early set up a printing press, and began the publication of his *Literary Miscellany*, "which is not, as the name might lead one to suppose, a magazine, but a series of choice anthologies, varied by some of the gems of English literature. The size is a small 18mo., scarcely too large for the waistcoat pocket. The printing was a beautiful specimen of the typographic art, and for the illustrations he sought the aid of the best artists. He was one of the patrons of Thomas Bewick, some of whose choicest work is to be found in the pamphlets issued by Nicholson. He also issued 125 cards, on which were printed favourite pieces, afterwards included in the *Literary Miscellany*. This 'assemblage of classical beauties for the parlour, the closet, the carriage, or the shade,' became very popular, and extended to twenty volumes. The plan of issuing them in separate numbers enabled individuals to make their own selection, and they are found bound up in every possible variety. Complete sets are now rare, and highly prized by collectors."

Of his many useful publications may be enumerated—*Stenography: The Mental Friend and Rational Companion, consisting of Maxims and Reflections relating to the Conduct of Life*. 12mo. *The Advocate and Friend of Woman*. 12mo. *Directions for the Improvement of the Mind*. 12mo. *Juvenile Preceptor*. Three vols., 12mo. The books which

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believer in the *Metempsychosis*. "It was probably so said," remarks Ritson, "by ignorant people who cannot distinguish justice or humanity from an absurd and impossible system. The compiler of the present book, like Pythagoras and John Williamson, abstains from flesh-food, but he does not believe in the *Metempsychosis*, and much doubts whether it was the *real* belief of either of those philosophers."—*Abstinence from Animal Food a Moral Duty*, by Joseph Ritson. R. Phillips, London, 1802.



concern us now are—*On the Conduct of Man to Inferior Animals* (Manchester, 1797: this was adorned by a woodcut from the hand of Bewick). And his *magnum opus*, which appeared in the year 1801, under the title of *The Primeval Diet of Man: Arguments in Favour of Vegetable Food; with Remarks on Man's Conduct to [other] Animals* (Poughnill, near Ludlow).

The value of *The Primeval Diet* was enhanced by the addition, in a later issue, of a tract *On Food* (1803), in which are given recipes for the preparation of "one hundred perfectly palatable and nutritious substances, which may easily be procured at an expense much below the price of the limbs of our fellow animals. . . . Some of the recipes, on account of their simple form, will not be adopted even by those in the middle rank of life. Yet they may be valuable to many of scanty incomes, who desire to avoid the evils of want, or to make a reserve for the purchasing of books and other mental pleasures." He also published a tract *On Clothing*, which contains much sensible and practical advice on an important subject.

Nicholson resided successively in Manchester, Poughnill, and Stourport, and died at the last-named place in the year 1825. "He possessed," says a writer in *The Gentleman's Magazine* (xcv.), "in an eminent degree, strength of intellect, with universal benevolence and undeviating uprightness of conduct." The learned bibliographer, to whom we are indebted for this brief notice, thus sums up the character of his labours: "In all his writings the purity and benevolence of his intentions are strikingly manifest. Each subject he took in hand was thought out in an independent manner, and without reference to current views or prejudices."\*

In his brief preface the author thus expresses his sad conviction of the probable futility of his high-minded protests:—

"The difficulties of removing deep-rooted prejudices, and the inefficiency of reason and argument, when opposed to habitual opinions established on general approbation, are fully apprehended. Hence the cause of humanity, however zealously pleaded, will not be materially promoted. Unflattered by the hope of exciting an impression on the public mind, the following compilation is dedicated to the sympathising and generous Few, whose opinions have not been founded on implicit belief and common acceptation: whose habits are not fixed by the influence of false and pernicious maxims or corrupt examples: who are neither deaf to the cries of misery, pitiless to suffering innocence, nor unmoved at recitals of violence, tyranny, and murder."

In the whole literature of humanitarianism, nothing can be more impressive for the sympathising reader than this putting on record by these nobler spirits of their profound consciousness of the moral torpor of the world around them, and of their sad conviction of the prematureness

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\*In a sketch of the life of George Nicholson, contributed to a Manchester journal, by Mr. W. E. A. Axon.



of their attempt to regenerate it. In both his principal works, he judiciously chooses, for the most part, the method of compilation, and of presenting in a concise and comprehensive form the opinions of his humane predecessors, of various minds and times, rather than the presentation of his own individual sentiments. He justly believed that the large majority of men are influenced more by the authority of great names than by arguments addressed to their own conscience and reason. He intersperses, however, philosophic reflections of his own, whenever the occasion for them arises. Thus, under the head of "Remarks on Defences of Flesh-eating," he well refutes the common excuses:—

"The reflecting reader will not expect a formal refutation of common-place objections, which *mean nothing*, as, 'There would be more unhappiness and slaughter among animals did we not keep them under proper regulations and government. 'Where would they find pasture did we not manure and enclose the land for them?' &c. The following objection, however, may deserve notice:—'Animals must die, and is it not better for them to live a short time in plenty and ease, than be exposed to their enemies, and suffered in old age to drag on a miserable life?' The lives of animals in a *state of nature* are very rarely miserable, and it argues a barbarous and savage disposition to cut them *prematurely* off in the midst of an agreeable and happy existence; especially when we reflect on the *motives* which induce it. Instead of a friendly concern for promoting their happiness, your aim is the gratification of your own sensual appetites. How inconsistent is your conduct with the fundamental principle of pure morality and true goodness (which some of you ridiculously profess)—*whatsoever you would that others should do to you, do you even so to them*. No man would willingly become the food of other animals; he ought not therefore to prey on *them*. Men who consider themselves members of universal nature, and links in the great chain of Being, ought not to usurp power and tyranny over others, beings naturally free and independent, however such beings may be inferior in intellect or strength. . . . It is argued that 'man has a permission, proved by the practice of mankind, to eat the flesh of other animals, and consequently to kill them; and as there are many animals which subsist wholly on the bodies of other animals, the practice is sanctioned among mankind.' By reason of the at present very low state of morality of the human race, there are many evils which it is the duty and business of enlightened ages to eradicate. The various refinements of civil society, the numerous improvements in the arts and sciences, and the different reformatations in the laws, policy, and government of nations, are proofs of this assertion. That mankind, in the present stage of *polished* life, act in direct violation of the principles of justice, mercy, tenderness, sympathy, and humanity, in the practice of eating flesh, is obvious. To take away the life of any happy being, to commit acts of depredation and outrage, and to abandon every refined feeling and sensibility, is to degrade the human kind beneath its professed dignity of character; but to *devour* or eat any animal is an additional violation of those principles, because it is the *extreme* of brutal ferocity. Such is the conduct of the most savage of wild beasts, and of the most uncultivated and barbarous of our own species. Where is the person who, with calmness, can hear himself compared in disposition to a lion, a hyæna, a tiger or a wolf? And yet, how exactly similar is his disposition.



## Local.

LONDON.—A deputation of Danielites attended the Victory Lodge I.O.G.T., Rotherhithe, S.E., on Thursday, August 26th. A pleasant and profitable evening was spent. Many practical questions were put and answered.

WARRINGTON.—A local society has been formed here, and an excellent start made. New subscribers are being enlisted, and persons known to be favourable are being visited and canvassed. Much is due to the chairman, Mr. W. H. Chapman, who is ably seconded by a committee he has gathered together.

WHALEY BRIDGE.—Very pleasant little gatherings have been held here during the months of July, August, and September. At the August meeting occurred a welcome incident—the presentation to Mrs. Jackson and daughter of an appropriate dress-piece for each, with a cosy—the result of the florin subscription raised by friends who have visited Whaley Bridge. Mr. Foxcroft made the presentation, the Rev. Jas. Clark presiding. The sum quietly subscribed amounted to £2, one cordial friend having insisted on giving five florins.

BELFAST.—The work here goes on quietly, but steadily. Many are largely practising the system, who have not yet become wholly Vegetarians. A shop in Sandy Row is open for the sale of pure wheat meal, barley meal, oatmeal, peas, beans, and other food stuffs; also for the Society's literature. The meal is ground on the premises by the man in charge. The place is wholly Vegetarian. It is a small beginning; if it prosper, a Vegetarian Restaurant, or Café may be its outcome. Everything is very encouraging.—W. H. Mc.L.

LONDON.—On Tuesday evening, September 7th, at seven o'clock, a dinner was given to the supporters and friends of the Food Reform Restaurant Company Limited, on the occasion of the opening of the Company's first premises at 79, Chiswell-street, E.C. Breakfasts, dinners, and suppers will be provided on vegetarian and temperance principles at this establishment, which is the seventh now open in the Metropolis. Mr. H. F. Lester, Chairman of the Board of Directors, addressed the guests, about sixty in number, and was followed by several other speakers.—*Echo*.

ANDOVER.—A meeting of friends and sympathisers with dietary reform was held on the 13th September, in the Temperance Hall, Andover, the Rev. J. S. Jones, Rector of Knight's Enham, presiding. Addresses were given by the chairman and Mr. Bailey Walker, and a long series of questions was put and dealt with. It is intended to form a local society to promote food reform, and the chairman was kind enough to promise to deal with the scriptural aspect of the food question in a future lecture. To Mr. Harvey our thanks are due for making the arrangements for the meeting.

MALVERN.—On Saturday, August 14, two lectures on Vegetarianism were delivered in the Concert Hall, Great Malvern, by the Rev. C. H. Collins, the one at 3-0 p.m., and the other at 8-30 p.m., to attentive audiences. C. Kenworthy, Esq., presided over the first meeting, and at the second the chairman was I. Fernie, Esq., M.D. It was a bold thing, in the very midst of the Malvern season, to announce two lectures on this subject to a town full of pleasure-seekers, but we are entirely indebted to our zealous and generous friend Mr. Kenworthy for the effort, which we are sure will bear fruit. The local papers announced and noticed the lectures. We ought to mention that Mr. Kenworthy made himself answerable for all local expenses.



BELFAST.—On 5th August the usual monthly meeting of the Vegetarian and Food Reform Society was held—Mr. W. J. Petticrew in the chair. A paper on "Food" was read by Mr. Robert Strain, in which he conclusively proved that a Vegetarian diet is the proper food for man. There was an animated discussion.—*Belfast Evening Telegraph*.

LONDON.—The Food Reform Society has published a new edition, we are glad to see, of their useful eight-page tract, "Why Eat White Bread?" (price 2d.) which gives timely and authentic facts and arguments, as well as scientific testimony, as to the value of whole meal bread in comparison with the modern baker's "superfine white." The tract comprises in small compass a good portion of the larger work on bread lately published by Messrs. Hill and Son, of Bishopsgate Street.

MIDDLETON.—On Saturday, 7th August, a meeting was held at Mr. Thorpe's, Manchester Old Road, to inaugurate a society for gleanings and diffusing information on the prevention of disease and the promotion of health. Besides a number of Middleton friends, representatives were present from Heywood and Manchester. Before tea, at six o'clock, an interesting conversation took place on various modes of cooking vegetarian dishes. After tea, the Rev. W. Bennett, of Heywood, who presided, expressed the great pleasure it afforded him to meet friends with such a noble and important object before them. No one in any way concerned for the welfare of his country and his kind, could think for a moment of the amount of sickness and the alarming death-rate, both in country places and in large towns, without dismay, especially remembering that for this widespread sickness and enormous death-rate, they were in a large degree responsible. Under proper sanitary conditions, and with due attention to the kind, quality and quantity of food, this high death-rate, with its attendant sickness, anxiety, and expense, would be impossible. It was vain to expect medical men, as a class, to help them much, and it became absolutely necessary for the people to take this matter of health entirely in their own hands. He (Mr. Bennett) was a strict Vegetarian, and after years of patient study, experiment and experience, he confidently commended its adoption. At the same time he advised that the society they were forming should not be confined simply to "food." It ought to embrace agitation for pulling down rookeries unfit for human habitation, and for replacing them with houses built with due regard to the health and comfort of their occupants. In all future meetings he strongly urged them always to keep some definite practical object before them. By that means they would work more effectually and harmoniously together. Mr. Bennett dwelt at considerable length in a pleasant conversational style on the physiological, moral, and economical aspects of the food question. Mr. B. Thorpe said that having for several years with others abstained entirely from the use of animal food, and feeling perfectly satisfied with the course they had adopted, and believing such course calculated to benefit others, they had often expressed the conviction to each other, that they were not doing their duty, even to the Vegetarian Society, through which they had received their little light, if they did not at least make an effort to enlist others; hence the present gathering. Regardless of cost, he said, it was their duty to obtain the food that was most suited to sustain life, and when they found that the simplest and cheapest food was, as a rule, also the healthiest and most nutritious, it was surely their duty and interest to adopt it.—Mr. Partington, secretary of the Middleton Co-operative Store, Mr. Thomas Clarkson, of Rhodes, and the Rev. Mr. Slater also addressed the meeting. It was at length resolved, on the motion of Mr. Clarkson, seconded by Miss Jessie Thompson, schoolmistress, "That a society be then formed for the promotion of health." An executive committee was then appointed.—*Oldham Evening Standard*.



## General.

An Exeter butcher has been sentenced to six weeks imprisonment with hard labour. He had been in the habit of consigning bad meat to the London markets, and had been convicted three times previously. He dealt largely in cats' and dogs' meat.

Mr. Carpenter's Sanatorium, Bishops Teignton, Devon, has met with an increasing measure of support during the present year. Vegetarians are welcomed, and not a few beginners take the opportunity afforded them to make the start in vegetarian diet while visiting the establishment.

The average annual cost for each boy's maintenance at Greenwich Hospital school, based on the charges of the last five years, has been £22 13s. 10d. Last year it was £20 16s., and in the year 1878, £18 12s. In the year 1875 it was £31 8s. There were 965 boys on the foundation on an average this last year, and 983 in the previous year. In 1875 there were only 755.

A Mr. Channing, in the *Scotsman*, writes sensibly about certain evictions at Leckmelm. When will men see that to evict men and women, and *real* men and women, to make way for deer, does not even pay in the long run, to put the matter on its lowest ground? How can it be necessary to send away our honest sturdy lads and lasses, the future fathers and mothers of a wholesome race? Rather what is needed is to feed them, to train them, and to keep them.

If all Dr. Ballard says of the Leeds slaughter-houses—private and public—be true, it is time we had a change. He tells us that "on the principal slaughtering days the buildings are crowded with carcasses, through which beasts and sheep are driven to the pinning-sheds. Practically there is no ventilation, for the high buildings surrounding the slaughter-houses and the crowded state of the houses themselves prevents anything like a current of air."—*National Independent*.

Mrs. Buckton's popular lectures on "Health in the House," has been followed by another on "Town and Window Gardening, including the Structure, Habits, and Uses of Plants; a Course of Sixteen Lectures given out of school hours to Pupil Teachers and Children attending the Leeds Board Schools." The book contains 196 pages, with 127 illustrations engraved on wood. It is published at 2s., bound in cloth. We are glad to see that Mrs. Buckton has taken up this excellent idea. At one of her School Board Flower Shows more than a thousand children competed!

THE GOAT.—At a meeting of the British Goat Society, held on 13th August at 446, Strand, a letter was read from the Earl of Rosslyn accepting the office of president. The Hon. Sec., Mr. Holmes Pegler, announced that the Baroness Burdett-Coutts had become patroness of the society, and the Duke of Wellington and the Earl of Shaftesbury vice-presidents. He said that in rural districts the families of the poor rarely tasted other than "skim" milk in consequence of the difficulty of obtaining the article entire, which was either sent wholesale to London or used for butter or cheese-making. On the Continent and in Ireland the goat was regarded as the poor man's cow, and they claimed that the goat was especially adapted for such a purpose. It supplied just milk enough for the ample requirements of an ordinary household during the greater part of the year, and as it ate almost every kind of herb and vegetable, and possessed a hardy constitution, it was kept with very little trouble and expense. Fifteen members were elected, making a total of one hundred. It was resolved to give a dinner at the Agricultural Hall during the forthcoming dairy show in October, the viands to consist solely of the flesh of the kid served in different ways! Letters were read from cottagers desirous of purchasing a goat by instalments in response to an invitation issued by the society.—*Daily News*.



Eighty persons died, during 1879, from starvation, privation, &c., within the metropolitan district, and the Government has issued a return giving the name age, &c., of each case with particulars of the inquest.

BLOATERS form the subject of a timely *exposé* in the *Echo*. This fish can now scarcely be caught; but then it can easily be manufactured, and with the aid of brine and smoke, quantities of not over fresh herrings, haddocks, &c., are "converted" and sold as bloaters, to the prejudice of the buyer and of the residents who endure the smoke.

A most welcome sign of encouragement is the adhesion—privately or openly—to vegetarian diet of so many earnest temperance workers, including not a few members of the Church of England Temperance Society. At one of the public meetings of this Society, the Bishop of Guildford being present, the Rev. W. F. Reynolds—Vicar of East Moulsey—not only avowed himself a convert to abstinence from intoxicants, but cautiously added (according to the newspaper report) "He was not sure he should not become a Vegetarian. He had tried it, and he believed he could do without butchers' meat!"

The September number of the *Vaccination Inquirer and Health Review* contained a report of Dr. Robinson's, Mr. Wheeler's, Dr. Collins', and other addresses, at the recent deputation to Government. Copies can be supplied at 2s. per dozen from the publisher, E. W. Allen, 11, Ave Maria Lane, London. Mr. Walter Hasker (20, High Holborn, London) invites parents to obtain and send particulars of authenticated cases of disease and death through vaccination, with copies of medical testimony against vaccination, for presentation to Parliament early next session. The London Society for the Abolition of Compulsory Vaccination are taking active steps in view of next session of Parliament.

AN UNCOMFORTABLE DISCOVERY.—In a letter to a contemporary, Mr. Arthur Arnold makes a statement which is calculated at least to give uneasiness. It is certainly unpleasant to suspect that the meat of diseased cattle is commonly and openly sold in butchers' shops. But when we are told that this must continually be the case, that such a state of things is allowed to go on without let or hindrance by the authorities, it is time for the public to protest. Following upon an inquiry made by him in the House of Commons, Mr. Arnold has investigated the question as to the carcasses of foreign cattle landed at Deptford and Birkenhead, and reported to be suffering from pleuro-pneumonia. He now says that he has learnt upon the spot that the carcasses of such animals are actually sent out, undistinguished from healthy meat.—*The Echo*.

THE DANGERS OF INDULGENCE.—In one of the most pleasing of George Sand's novels, *Le Meunier d'Angibault*, she records the singular observation that when a French peasant, brought up on a spare and chiefly vegetable diet, enriches himself sufficiently to indulge in meat and the other comforts of a *bourgeois* every day, it nearly always kills him in a very few years. A similar observation is made by Dr. Henry Gibbons, Jr., of San Francisco, who says: "The transition from a rugged mode of life, with simple fare and exposure, to the comforts and luxuries of a higher 'civilization,' is a hazardous experiment on the human constitution. We observe it particularly in native Indians, who, when they exchange their wild life for the domestic service of the white population, become remarkably sensitive to disease, and when taken sick, succumb almost invariably and without exhibiting any power of resistance. When I find an Indian in the hospital ward, I generally expect him to die, particularly if he has the slightest pulmonary disease. The same observation holds good, though not to the same extent, in regard to native Californians of mixed Spanish and Indian blood."—*Medical and Surgical Reporter, Philadelphia*.



The *Eastern Morning News*, like the rest of the world, has been discussing Dr. Tanner's fast. Its remarks thereon have drawn forth a most useful and pertinent letter to the editor from our active and zealous friend, Mr. Richardson, of South Cave.

THE FRUITS OF BAD LIVING.—An American physician, Dr. Farrer, estimates that half-a-ton of gold is annually packed away into people's teeth in the United States. At this rate, he says, all the gold in circulation will be buried in the earth in three hundred years!

The *Western Daily Mercury* has a letter on the selling of whole meal bread by bakers, signed T. M. Pascoe. The writer calls attention to certain facts, that bakers sell it as high as best white bread, and as "fancy bread," and so *unweighed*. We always are glad to find this question stirred. We have been told that at Clapham, London, good whole meal bread is to be purchased.

In the *Dunfermline Journal* of August 21st, is a letter signed A. M., pointing one moral at least from Dr. Tanner's much-talked-of fast, and it is this, that the "point of danger from continuous fasting is *much farther off*" than has been generally supposed," and consequently that in cases of hypertrophy, thickening of membranes, and other disorders of the system, where fasting is needed, the medical man has fresh lights now as to the *possibilities* of going without food. We need not add that in all such matters the idiosyncracies of various individual systems would have to be carefully judged by competent men, or the greatest risks would be run.

A POTATO PUZZLE.—The recommendations of the committee which has been considering the question of the potato crop in relation to disease, as contained in their report just issued, seem scarcely satisfactory. Only the other day the *Mark Lane Express* reported but 32 crops out of 330 to be free from disease; and the committee think to get over the difficulty by forming experimental farms whereon the scientists can go on raising potatoes until they succeed in getting a breed strong enough to resist the disease! Of course the opinion of such specialists as composed the committee is entitled to the highest respect; but the report suggests to our mind the query whether our medical men could have obtained the mastery over so many human diseases had they, instead of studying the maladies and their causes, set about the job of growing men strong enough to resist them?—*The Echo*.

THE CONVERSION OF THE BRITISH FARMER into the market gardener is not the work of a day, but is one of the possibilities of the future. In the meantime farmers in this country might do well to turn their attention to vegetable and fruit culture, which is now becoming a recognised industry among farmers in the United States. Many farmers in the Hudson Valley, New York, have, it is stated, engaged in fruit culture for the first time this spring. In nearly every hamlet on both shores of the river small fruits are cultivated. Large quantities of trees, bushes, and plants have lately been planted, and an abundant yield of nearly every variety of fruit is predicted this season, much exceeding that of last year. Strawberries, currants, raspberries, and peaches are most largely grown. Apples are engaging more attention than ever, and in the eastern portion of Columbia County, the great apple centre of the Hudson River, many new orchards have been planted. During the past three years the cultivation of peaches along the valley of the Hudson has assumed vast proportions. In Ulster County alone it is estimated that more than 5,000,000 peach trees have been planted within the past four years. Climate apart, much more might be done in this direction than has yet been attempted, and there can be no doubt that fruit and vegetables in good condition would, as articles of diet, be an improvement on adulterated bread and diseased meat.—*St. James's Gazette*.



One merchant in Michigan (America) advertises 15,000 lbs. dried apples for sale.

During August the officers of the Fishmongers' Company seized at Billingsgate Market, as unfit for human food, the enormous quantity of 183 tons of fish.

*Truth* has been pouring a flood of genteel contempt on "Sport." In a lengthy piece of verse, nearly filling two of its columns, the ugly details of the business are elaborately dwelt with. The poulterer must be glad of their help; and when tired of cocks and hens, it is suggested that there are slaughter-houses where they might attack beasts and butcher sheep. This work, says the satirist, would afford them bigger victims, and would also "come much cheaper."

"Agricola," writing to *House and Home*, urges the reclamation of waste land. In this way he thinks we could solve the problem of what to do with our paupers and *discharged prisoners*. "Health reformers tell us *truly enough* that to be healthy we must eat more fruit; but then we don't *grow* enough, consequently fruit is dear and is looked upon as a luxury. Now, when a man is leaving prison, if we could take him kindly by the hand and give him employment, he might become a useful member of society."

LADIES who have not done "preserving" either on the old-fashioned method or that commended by Mr. Jackson, may be glad to hear of De La Rue's patent "vegetable parchment" used for preserve coverings. A packet of three dozen (of the size used for two-pound jars) can be had for ninepence and the next size smaller for sixpence. The labels require to be soaked for a minute or two and then tied down. In drying the "parchment" tightens itself on the pot. Of course if *vegetable* parchment can be fabricated, why not vegetable leather, &c., whenever, in process of time, the supply of the traditional article fails us?

ONE WAY OUT.—A friend has been enlightening us upon his system of growing gooseberries upon a large and profitable scale on his gooseberry farm. The same gentleman also gives a cheery description of the success of his rhubarb farm. This is the direction in which we must all walk—the tune to which we must all dance. With a gooseberry farm properly managed on one side, and acres of rhubarb on the other; with cabbages 20,000 to the acre sold at one farthing each; with lavender, cob-nuts, watercresses, onions, potatoes, parsnips, carrots, as reliefs to the monotony of perpetual corn growing—may we not meet the growing difficulty of American competition? We have faith in adaptation. We must keep our ears and eyes open, and look at our soil—not merely as a bearer of barley and carrier of corn crops, but as a raw material from which either a rosebud or a cabbage may be fabricated, according to our requirements. —*Agricultural Gazette*.

THE WORK OF THE SESSION.—*Truth* thinks it surprising, "considering the great block of business that there is every year in the House of Commons, and the perfunctory manner in which everything is hurried through or abandoned, when once grouse shooting looms in view, that the period of the session is not revised. For those who can afford to alternate between town and country, to prefer town in summer and the country in winter, is a foolish sacrifice of common sense to a morbid desire to slaughter wild birds and to gallop after small quadrupeds, more befitting a tribe of red Indians than civilised and educated human beings, and the number of these Nimrods who find seats in Parliament is annually decreasing. Allowing for the Easter and Whitsuntide recess, the House is now in session each year about five months of the year. It might with advantage be in session six months;" and *Truth* suggests arrangements for these six months.



The French police authorities have forbidden the sale of imported hams known in the trade as "Cincinnati." The yellow material in which they are sewn is coloured with a chromate of lead; they frequently contain trichinæ. It has been found too that the golden hue, so appreciated by lovers of "bloaters," is often imparted artificially. Here again analysis has revealed the presence of one of the most poisonous chromates.—*Public Opinion.*

"Grain and flour" returns, both as regards fluctuation of prices and quantities, from 1820 to 1827, and from 1828 to 1878, have been presented to the House of Commons, as well as tables of the same kind concerning butchers' meat, wool, and other agricultural produce, during the same periods. These official returns, covering as they do the periods in which our whole financial and commercial systems have been changed and readjusted, are very valuable. Vegetarians may learn much from them.

GASTON DE BENET, a young Austrian, 17 years of age and a vegetarian "of the strictest sect," using neither eggs nor milk, pupil of the Rev. Dr. Crowther of Welshpool, won the first prize in a grand swimming contest at Oswestry, in Lord Harlech's park, against eleven flesh-eaters, most of them full-grown men. He also won the first prize in the cooler race and, though well drenched, kept his wet clothes on for hours and took no harm. When a flesh-eater, he was extremely delicate and very subject to cold, and constantly taking physic; from which, as well as from intoxicants, he is now a total abstainer.

Dr. ELLIS (337, Strand, W.C.) has conferred a much-needed boon by his foundation of the Hydropathic Cottage Hospital, in Tower Street, London Fields, Hackney, where board, lodging, and treatment may be had at very moderate rates, and, in special cases free. We are glad to see that subscribers have been found among the wealthy to enable Dr. Ellis to accomplish this very excellent work, and to enable him to offer "Free Hydropathy for Bread Earners," to the large industrial population resident within easy reach of the institution. We are pleased to hear that vegetarian fare is provided for all desiring it.

DR. TANNER'S FAST has been a welcome subject to editors in search of a theme. The editor of the *Eastern Counties Express* is of opinion that the American has proved that "frugal living, instead of destroying man's reserve power, increases it. All of us," he says, "who live what is called a regular, not to say a full life . . . could not do what Dr. Tanner has done." That is one scored for the frugal liver at any rate. The old theory "Feed up for a reserve" is put aside; but we are thankful that our friend from the East acknowledges something more than this. He says that Vegetarians have proved this long ago. "The experience," he tells us, "that the appetites may be conquered and subdued by not pandering to them is confirmed by nearly every Vegetarian. Whatever may be said of Vegetarianism as a mode of feeding we believe that the Vegetarian who is true to his theory knows nothing of that craving hunger which so speedily incapacitates 'the vulgar flesh-eater' for work." But it will not do to go too far or too fast, you know. Though, therefore, "Vegetarianism" has these certain advantages "it does not of course follow that it is the true doctrine. All doctors agree that meat (*flesh*) is necessary to the development of man's bodily powers." The editor is "speaking only of the effect of Vegetarianism upon the appetites." It strikes us as curious that, if flesh be man's natural food, it should not have the expected result in this regard, and that the non-natural (*according to supposition*) should have such excellent effect in making man more sustaining or enduring. It is amusing to see how man walking round the red-hot iron, and fearing to tread upon it, has to contort himself, and this is as true of the intellectual as of the physical attempt.



Our excellent Vice-President, the Rev. C. H. Collyns, M.A., has been offered the Secretaryship of the British Temperance League, and has accepted the office. We hardly know whether most to congratulate Mr. Collyns himself or the executive who gave him the invitation. We hope for the League—one of the oldest of English Temperance organisations—a new career of usefulness.

We have before us the official return of names, stations, and salaries of Irish cattle inspectors. For Ireland alone we pay some £5,000 a year to see that our cattle are fit to be killed and eaten—a pretty round sum, especially when we know that after all precautions disease abounds; but still more so when we remember that we could do without the whole concern, and be none the worse, but all the better for the change. Dietetic errors are expensive.

FINE OPENING FOR SPORT!—One thousand two hundred and sixty-four persons were killed by wild animals and 9,515 by snakes in the Presidency of Bengal last year, and upwards of 12,000 cattle were destroyed in the same period. Can English sportsmen fail to recognise their golden opportunity? Can they not leave the hares and rabbits to the weasels and polecats, and undertake the glorious crusade which awaits them on behalf of the protection of our Indian fellow-subjects?

"Sanitas," addressing the editor of *House and Home*, says that four years since he gave up eating white bread. He now believes that had he eaten brown bread from the cradle he would have grown up a stronger and healthier man. He finds the use of brown bread spreading all over the country. He adds:—"If our people are to become strong, *well built*, and to have a *proper amount of bone*, they must give up white bread. The poor, pale-faced, narrow-chested, and rickety children in the slums of our large towns, are fed on white bread and *tea*. I don't think we ought to restrict ourselves to one kind of bread. Rye, barley, and oatmeal bread, are all *very good*: also maize bread. Maize meal can be bought retail for less than 1d. a pound. The *Aerated bread* is wholesome, delicious, and *perfectly clean*, being made by machinery, and without *yeast*."

M. BOUSSINGAULT has read a paper before the Academy of Sciences on the vegetable milk produced from the Cow-tree (*brosimum galactodendron*) of Venezuela. Fifty years ago, when the learned chemist was in that country, at the time of the war of independence of the Spanish colonies against the mother country, he made many interesting investigations on that subject, but was too occupied to complete them. This year the State of Venezuela sent numerous specimens of the product to the Exhibition, and they were placed at the disposal of M. Boussingault, who has thus been able to complete his researches. The tree itself grows from 15 to 23 metres in height. All that has been done is to make an incision in the bark, when the milky sap flows freely; that operation is called by the natives "milking the tree." The nutritive virtues of the sap are incontestable, the natives fatten on it, and M. Boussingault used it with advantage during several months, with coffee and chocolate. When exposed to the air it speedily coagulates into a sort of cheese. It contains a complex of fatty matter, which melts at 50 deg. cent. (132 Fah.), much resembling bees' wax, and from which the *savant* made excellent candles. In it is also found a nitrogenised substance resembling albumen, or vegetable fibrine. Although it contains the same elements as cow's milk, it differs considerably in quantitative analysis, but, on the contrary, has the closest analogy with cream. M. Boussingault thought this valuable production should be naturalised in Algeria, though it would be much less useful for its milk than for the wax it yields in abundance.



Mr. Thomas Hughes has gone to the United States to initiate a colonisation scheme : 300,000 acres of land have been purchased in Tennessee, and Mr. Hughes' purpose is to plant upon this land selected persons who are disposed towards an agricultural life, and who will, from the first, form for themselves the advantages of a cultivated society.

TRICHINOSIS ON BOARD THE CORNWALL.—The official report of this outbreak is a highly interesting document. By dint of perseverance and careful investigation, Mr. Power has succeeded in proving that what was regarded as an outbreak of enteric fever on board the reformatory school-ship Cornwall was in fact an outbreak of trichinosis. His reasons for arriving at this result lead to the almost inevitable conclusion that many cases of disease which have been hitherto ascribed to enteric fever ought more correctly to have been referred to trichinosis, to which enteric fever, in some of its symptoms, bears marked resemblance. Altogether, forty-three cases of some sort or degree of sickness occurred on the ship ; eighteen being cases of decided illness (one of them dying), and twenty-five of slight illness. Mr. Power could find no possible cause for enteric fever ; but circumstances led him to suspect that the outbreak was one of trichinosis, and pathological examination of the muscles and viscera of the only fatal case made it a practical certainty. For in the very first specimen examined under the microscope, a wandering and living trichina was found, and further search revealed the presence of the parasite in most of the muscles examined. Demonstration such as this of the nature of the illness in the fatal case was in effect demonstration of the nature of the outbreak itself. As to the circumstances under which the boy became affected with trichinosis, it seems certain that some American pork was the immediate cause of the mischief.—*British Medical Journal*.

Under the patronage of Major and Mrs. Fergusson-Home, of Bassendean, Gordon, and of the Mount, Coldingham, the "Bird Protection Society" has been fostered and encouraged with much interest and care, and includes in its membership many pupils of various schools in a widely extended radius. On the suggestion of Mrs. Home, supported by her magnificent donation to help forward the object, it was lately resolved to hold a united pic-nic of such schools as could be brought to a convenient centre. A field near Dunse proving suitable for localising the *fete*, liberty to hold the festive bivouac on Langton Edge, or Raecleughead Hill, was freely and cordially conceded. In order to supplement the handsome donation of Major and Mrs. Home, steps were taken to complete the funds requisite for a successful picnic. Liberal subscriptions were obtained, which enabled the promoters to fix Tuesday, August 3rd, when the three schools of the union—Coldingham, Millburn, and Longformacus—travelled by train between Reston and Dunse, where, on their arrival, carts awaited them to convey them to their charming and appropriate rendezvous, several hundred feet above the skim of the sea-gull, affording a bird's-eye view of a most gorgeous landscape, where far below, the alternation of light and shade gave it the appearance of a vast floor of mosaic-work, within whose gigantic area the woods lay in patches of diminutive squares. Immediately on arrival the children were arranged on the dry green sward for a service of rolls and milk, handed round by the ladies, assisted by other willing hands, after which the youngsters betook themselves to various sports. Later in the day they were treated to a distribution of pie and tart, while lunch was laid out for the bigger folk on a white cloth spread along the grass. The Rev. Mr. Beale gave an address on the duty of kindness to animals, after which votes of thanks were most enthusiastically given to Major and Mrs. Home. After sports, races, and dancing, tea was served about 4 o'clock. Between 5 and 6 the scattered masses were called in for the homeward journey.—*Berwickshire News*.



## Cleanings.

It is said to cost as much to raise one acre of tobacco as it does to raise eight acres of corn.—*American Grocer*.

YOUNG ANIMALS FOR FOOD.—Generally speaking, men feed on young animals—the flesh of old ones is too hard. Does not this abundantly prove that such a mode of proceeding is against the formal laws of Nature? for to fruits she gives their qualities of perfume and of taste only when they are perfectly ripe. And have we not in this fact then good proof that animals were not intended to serve man as food.—*Thalysie*.

PROFESSOR NEWMAN ON THE CONTAGIOUS DISEASES ACT.—Once more we find the same fatuous logic *which seeks for health through artificial impurity*, and with brazen front avows that marriage is inconvenient to many men, and chastity is unhealthful, . . . The first step to civilization, according to the ancients, was to enact, to honour, to uphold marriage: of all steps back into barbarism none is more marked than that of maintaining State slaves as harlots. This foul and disgusting despotism must soon be swept away by public indignation, unless family life and youthful purity are to be undermined, and a secret police in plain clothes, responsible to a central functionary, is to trample us down permanently. Moral despair of virtue and a resolve to indulge the profligacy of idle and drunken soldiers lie at the bottom of this odious and disgraceful legislation. Stop the soldiers' drink, and you stop nine-tenths both of their unchastity and of their other offences.—*Barbarisms of Civilization*, by F. W. Newman.

AN UNSUSPECTED SOURCE OF CONSUMPTION.—Dr. Heath, President of the American Farmers' Club, recently read an important paper before that society on the subject of tuberculosis in domestic animals, and some of its effects on human health. He says that this disease prevails extensively among such animals all over the world, and especially in populous and crowded localities—just the conditions, in fact, which are believed to conduce to consumption in human beings. Cows, for instance, kept shut up in close, foul air, as in and about London, are very liable to it. He says that observations in Mexico led to the conclusion that 34 per cent of all beasts slaughtered there showed them to be more or less affected, and he is of opinion that 50 per cent of the cows kept in large towns are thus diseased, though this fact is not generally recognised, of course owing to the animals being slaughtered before the disorder has attained any very noticeable development. According to Dr. Heath, if cows, like human beings, were allowed to die from natural causes, the proportion succumbing to tuberculosis would be quite as great, and probably much greater. One eminent authority quoted expresses the opinion that most of the animals which have been kept for any length of time in cow-sheds, and fed and milked in the usual manner, are more or less affected. The serious aspect of the matter is the probability that we have here one of the sources of that terrible scourge of human life, which causes from a seventh to a fifth of all deaths. Not only is the milk of tuberculous cows very poor in quality, but it seems to have been demonstrated to be capable of imparting the disease to those who drink it uncooked. Klebs, Garlach, and other authorities have given the milk of diseased cows to rabbits, guinea pigs, and dogs, with the result of developing tubercles in them. What has been done with the inferior animals may undoubtedly be done in the case of children, large numbers of whom, it is believed, contract this dire disorder from the milk with which they are supplied. The flesh of affected animals would be equally pernicious but that it is cooked, and those who are compelled to use milk from doubtful sources would do well to scald it before doing so especially during warm weather, when experience has demonstrated that phthisis is not the only evil that may be lurking in the milk can.—*The Globe*.



HUNTING.—Hunters represent the old barbarism in the midst of civilisation.—*Thalysie, Gléizès.*

HINDOO GIRLS ARE GRACEFULLY AND EXQUISITELY FORMED.—From earliest childhood they are accustomed to carry burdens on their heads. The water for family use is always brought by the girls in earthen jars, carefully poised in this way. This exercise strengthens the muscles of the back, while the chest is thrown forward. No crooked backs are seen. Dr. Henry Spry thinks "this exercise of carrying small vessels of water on the head most advantageously supersedes dumb-bells." This practice leads to precisely the same results in the south of Spain and in the south of Italy as in India. A Neapolitan peasant girl will carry on her head a vessel full of water over a rough road, without spilling; and the acquisition of this art or knack gives her the same erect and elastic gait, and the same expanded chest and well-formed back and shoulders.—*Herald of Health* (Holbrook).

DECAYING RACES.—Critics have often noted how the British mind is dominated by words and phrases which seem to crystallise themselves into popular superstitions. In an able weekly contemporary we find the extinction of the Red Indian attributed to "the deadly influence of civilisation." The writer seems to be under the impression that it is a law of nature that "whenever civilised man establishes himself in a new country, the mere fact of his presence there sooner or later leads to the extinction of the aboriginal inhabitants." Next it is assumed that if the white man is a Canadian, by some equally strange law of nature the savage with whom he comes in contact will increase and multiply; whereas, if he be an American and a Republican, the aboriginal races will be ruthlessly exterminated. Need we say that the decay of savage races has really nothing to do with "civilisation" or with forms of government? That is no part of "civilisation," but an integral part of that residual barbarism which can scarcely ever be wholly eradicated from it, that corrupts the savage. The pioneer teaches the native to be a drunkard. He introduces him to vicious practices which result in loathsome diseases. He instructs him in the use of weapons a thousand times more murderous than his own primitive engines of slaughter, thereby rendering inter-tribal wars infinitely more fatal. He teaches him to use food which induces disease to attack a digestive system unaccustomed to it. He renders him less capable of resisting inclement weather by persuading him to buy and wear clothes to which his body is unused. In these and many other ways the white man brings with him desolating influences—the products of vice, not of "civilisation." It is true that in Canada the Indians are well treated, and increase, whilst in America they die off. But it happens that the bleak territories of the Hudson's Bay Company were never coveted by white emigrants, and could only be made to yield a profit by being worked for the fur trade. For this purpose a population of native hunters was necessary; hence the Company took care that no rum was sold to their Indian subjects, and that they did not decimate each other in tribal frays. Perhaps, if the rich territories on the United States side of the border had been like the greater part of Ruperts Land—if to get any profit out of them an increasing native population had been necessary, aggressive white pioneers would not have been always embroiling themselves in frontier wars. The liquor traffic with the savage would have been stopped, and the decay of the red man marvellously arrested. If the hunting-grounds of the aborigines in the American Republic were not worth coveting, an Indian Bureau, whose organisation is barbaric in its corruptness, would not be entrusted with the duty of "protecting" the native tribes. In that case, we might soon see an exception to this delusive "law of nature" which teaches the immoral doctrine that the savage must inevitably and necessarily be exterminated by "civilisation."—*Daily Telegraph.*



SCHOOL GARDENS.—The preliminary condition of improvement is the systematic foundation of school gardens in the whole land. Artificially-planted woods, with their ditches to carry off the superfluous water, never give to a country that abundance of moisture which, in former times, the original forests distributed far and wide. Still less can large plantations of forest trees make up for the woods of past times. But, in co-operation with other plantings, these will combat the increasing drought in many countries ; and those drying winds, which now blow in so many regions over the bare fields and open cultivated plains, to the great injury of the growth of plants, and which carry off from the ground the ammoniacal contents which are necessary to plant life, together with the indispensable moisture, will finally be arrested. With the restoration of the woods, the air and earth will again attain the necessary moisture ; the extremes of the differences of the temperature between day and night will diminish ; luxurious orchards will no longer dry up and be frost-bitten in summer ; and the produce of the fields will not prove abortive on fruitful land, since the woods, as a medium between earth and air, regulate all climatic extremes. —*The School Garden.* By Dr. E. Schwabe.

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### Recipes.

BREAD : BROWN AND LIGHT.—Dissolve 1½oz. of German yeast in a pint of water milk warm, in which put a tablespoonful of sugar. Put 7lbs. of wheatmeal in a large pan, and salt according to taste (about 1½oz.). If the yeast has proved good, add it to your meal, and, with plenty of warm water at hand, knead it to a rather soft consistency. Put into well-buttered tins, about half full, so as to allow room to rise. In about an hour and a half it will be fit for the oven, if put in a warm place. A pint of milk added in the kneading is a great improvement. By this method fermentation is reduced to a minimum. The bread is much lighter, and the crust is as porous as the middle of the loaf.—WM. DUNN, Gladstone Terrace, Bellevue, West Hartlepool. [We have seldom tasted better or more genuine bread.]

MINT SAUCE.—First gather a quantity of the young tops of green mint. You have but to cut mint frequently to ensure plenty of young growth, for seedy mint will not make nice sauce. The young tender tops do not need washing, but they must be put in a cool damp place if not used immediately after gathering. There should not be a stick or an old leaf in the mint. Chop it fine and put into a tureen, and shut down close. Next dissolve a lump of loaf sugar in a little warm water and put it aside. When cold stir it up and add to the mint, and then add about twice as much vinegar as the water the sugar was dissolved in. All this seems very simple ; but the sauce should be quite thick and of a fine deep green colour with mint, so that in dipping in the ladle we get more mint than vinegar, and to make it this way consumes much mint, which should consist of the tender tops only chopped very fine. It should neither be too sweet nor too sour. If the vinegar is weak you need not add water, but good vinegar always needs reducing, and the sugar should be dissolved first ; there is nothing more unpleasant than to find it in a clammy cake at the bottom of the tureen. Most delicious sauce may be made from the common mint, but the best for the purpose is the large woolly-leaved mint. This is a coarse and somewhat unpromising plant in appearance, the leaves large and roundish, of a rather dark gray-green colour, downy, and powerfully aromatic. The tender tops of this woolly mint used in plenty, and chopped fine, make a mint sauce to enrapture an epicure.—*The Gardeners' Magazine.*



- CARD OF MEMBERSHIP or ASSOCIATESHIP free for two stamps. Please to state the number of enrolment.
- SEALS.—A good account of what is termed the “seal fishery,” which should rather be known as the “seal barbarity,” occurs in “*All the Year Round*,” 3rd July, at p. 105.
- “OUR OIL FLASKS.”—See article under this heading in “*All the Year Round*, Vol IX., p. 260 (May 9, 1863), for a large amount of information respecting olive, almond, and other oils.
- CORN COFFEE has been commended by some. Acorn Coffee was advocated by Dr. Marx, of Hanover, in 1778. The outside shell was taken off and the berries roasted and ground as usual. The recipe is given at p. 202 of “*Household Words*,” Vol. III. (24th May, 1851).
- See “*All the Year Round*,” Vol. XVIII. (1867), p. 471, for a description of the “staple” trade of Ireland—that of pigs—and how it is exercised when the creatures “go on board with tortures,” at Dublin. Yet these brutalities go on daily, literally “all the year round.”
- “F. E. M.” has “tried a new cereal—A B C crushed oats—made by the American Cereal Company, and finds it very nice and nutritious indeed. It makes nice porridge, and first-rate milk puddings.” He also uses “apple chips, boiled with sago and water, making a nice jelly.”
- LONDON.—14th October.—Mr. G. B. Taylor, L.D., will read a paper before the Orange Branch Lodge at the Schoolroom, St. Martin’s Street, Leicester Square. Subject: “Love and Courtship.” Food Reform and the Tobacco Question will be two leading features. Good Templars are invited.
- Colonel Clinton suggests that an advertisement be inserted in the “*Daily Telegraph*” or “*Lloyd’s News*” letting people know where they can obtain Vegetarian refreshment in different parts of London, and in towns throughout England and Wales, Scotland and Ireland. People will come in quickly if palatable meals can be supplied at reasonable rates.
- “TEA” was plentiful in England before any was brought from China. In an account of farm life in Devonshire a century ago we read of “organ tay, balm tay, mint tay, and rosemary tay, bunches of which were seen hanging to dry in the wide chimney;” there were also camomile and coltsfoot, the infusion of which was to be drunk “if anything went wrong.”
- The old triad, “corn, wine, and oil,” reminds us how often we conceal facts under conventionality of terms, a real slavery. By the term “wine,” e.g., we are rarely made to think of wine in its primary sense, i.e., grapes in the cluster (*vinum pendens*), and next of grapes in the cup—the cluster expressed. Compare Ruskin’s injunction to beautify the earth, and to grow on it “corn and fruit.”
- A lady Vegetarian, often obliged to drive out, expresses her surprise that efforts have not been made to improve the state of affairs at the Alpha Restaurant, Oxford Street, both as to the food itself, the manner of preparing it, and the mode of serving it. She finds everything at the Garden Restaurant well cooked and nicely served. At the Alpha there is provided much the same bill of fare in summer as in the depth of winter.
- THE TRIPLE DIET CURE.—As helpful to overcome the disease you speak of (and indeed most others), and to prevent it where not contracted, our experience suggests rigid self-control as to (1) kind of food, (2) quantity, and (3) frequency. Pure food is our first teaching; to be careful as to quantity is quite as essential; to avoid frequency is of quite parallel importance. Each line has its advocates. You will do well to practice all three.
- VEGETARIAN ENVELOPE.—“E. W.” suggests “that fruit, &c., stamped or embossed in colours, should be used as seals. For instance, an apple for initial A, strawberry for S, walnut for W. The sheets of small pictures sold by stationers for pasting on screens and fancy articles, might be cut up and tried, to observe the effect.” “E. W.” asks “for any information about Mochara, or Café de Santé, sold by the Mochara Coffee Co., 60, Watling Street, E.C. Have any of your readers tried this?”
- Among other blessings of a Vegetarian diet, “a Musician” calls attention to its cheapness. He says, “I am at present only earning 22s. 6d. a week, and have a wife and four children. We pay 7s. weekly for house rent, and by the aid of Vegetarianism we are able to get along pretty well. Our diet for the most part consists of lentils, haricots, oatmeal, stewed barley, boiled rice, raisin and currant puddings made with olive oil. We use very little butter or milk. We have good brown bread.”
- THE TEETH.—To keep the teeth right, it is important to keep the stomach right. If that is disordered, you may expect to have trouble with the teeth, and very properly so. Such warnings are most instructive. For the rest, the very simplest helps you can have are a good brush, not too roughly used, and an ample supply of salt, or carbon (ask at the chemist’s). These will do all that is well in keeping the mouth and teeth clean; the most costly dentifrices will hardly do more. Simple diet and an active well-ordered life will do the rest.
- “Never thought of it.”—“I lately listened to a lecture on Canon Kingsley when the kindness, the fine feeling, and deep sympathy of the Canon for everything and everybody was dwelt upon. One Sunday morning, just when Canon Kingsley was ready to go into the pulpit, he for a time disappeared. It was afterwards known that he had picked up a wounded butterfly and taken it to the vestry. Next the lecturer noticed his love of nature, and his fondness for sport, when it came out that he was very fond of fishing. I remarked that it seemed strange to me that a man of such exquisite feeling and deep sympathy, and who could help a lame butterfly into the vestry, should go and tear a fish’s mouth with a hook.”—D. H. D.



- How to Spend Sixpence.** With 68 Recipes. By W. M. Wright. Price 1d. from the Secretary.
- Dietetic Reformer** for 1861-62. Bound in one vol. With Index. Reduced price, 2s. 9d., post-free.
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- Five Popular Hobbies:** with other Stories in Prose & Verse. C. Jackson, Oldham. 6d., post-free.
- How to Cure and Prevent the Desire for Drink.** By T. H. Evans. 3rd Edition. Price 1d.
- Children; Their Health, Training, and Education.** (Bacon's Useful Library.) Favourably noticed in "*D. R.*" for June, 1879. Price 1s.; by post, 1s. 2d.; from 56, Peter St., Manchester.
- American Health Journals.**—"Good Health"—"*Laws of Life*"—"Herald of Health." To be had at Allan's American News Agency, 31, Renfield St., Glasgow. Specimen copies, 6d. each. Parcel weekly of Engineering and other trade journals.
- The Science of Life.** A Pamphlet addressed to all who are or will be Teachers, Clergymen, Fathers. With letters from John Ruskin to the Author. "We cordially commend it as the simplest, purest, and most judicious advice on this subject that we have met with."—*Guardian*, August 1st, 1877. "All that you have advised and exposed is wisely said and bravely told."—*Letter from Mr. Ruskin*. Second Edition. Published by J. Burns, 15, Southampton Row, W.C., and A. R. Mowbray, Oxford. Price Sixpence. Also from 56, Peter Street, Manchester.

### Advertisements.

- Morecambe.**—Visitors comfortably accommodated at Mr. Jowett's (Vegetarian), 24, Hornby Terrace. Terms very moderate. Vegetarian fare, or otherwise.
- Unfermented Wines** (all fruit flavours), Temperance Cordials, and all Unintoxicating Beverages, may be purchased on advantageous terms from the manufacturers, C. Wilson & Co., Commerce Street, Glasgow.

**THREE GOOD THINGS FOR VEGETARIANS.**—BASTIN'S COFFEE TARAXACI or PURE DANDELION COFFEE, specially prepared from the *Taraxacum Dens Leonis*, and containing no admixture whatever. At least three times as strong as ordinary Coffee, and therefore much cheaper. A healthful and palatable beverage. DIRECTIONS: Make like ordinary Coffee, using about a teaspoonful to a pint of boiling water. Add milk and sugar as preferred. N.B.—Plenty of hot milk added to the liquid Coffee will make the delicious "Café au lait" (as procured in Paris) in perfection. Sold only in Tins at 6d., 1s., and 1s. 9d., of most Chemists, &c.

BASTIN'S GROUND-NUT OIL, a pure Vegetable Oil expressed from the roots of the "*Arachis Hypogea*," has somewhat the flavour of sweet Almonds; forms a good substitute for Cod Liver Oil, and is readily taken by Children and Delicate Persons in preference to it. It is recommended in all cases where Animal Oils are distasteful. DIRECTIONS: Dose—One drachm (or a teaspoonful, to eight drachms, either alone or with a little water or milk. The smaller dose is the best for commencing, and it should be gradually increased. Sold only in Capsuled Bottles—Imperial Pints, 2s. 6d.; Half-pints, 1s. 9d.; and Quarter-pints, 1s., of Chemists, &c.

BASTIN'S PURE LIME-JUICE SYRUP.—A beverage for all who wish to live to a good old age. This is a preparation of the Lime Fruit, containing all the valuable properties of the Lime and Lemon Fruits in their most agreeable form. It is most suitable for use in the "Lemon Cure" (see *Dietetic Reformer*, August, 1880, p. 181). Sold in Bottles at 1s. each, of most Chemists, &c.—Sole Proprietor, A. BASTIN, Wholesale and Export Druggist, 29, Fennel Street, Manchester.



**St. Leonard's.**—Mr. H. J. Godbold has removed to 30, Carisbrook Road, near the sea, and can receive a few boarders or visitors, as before.

**Leeds.**—Vegetarians and Inquirers should call at the Dietetic Depot, 31, Meadow Lane (opposite Wesley Chapel), where is always on hand a carefully-selected stock of Farinaceous Foods, including Haricot Beans, Lentils, Lentil Flour, Scotch Oatmeal (fine, medium, and coarse), Pure Brown Bread (made from the finest selected English white wheat, ground on the premises) fresh daily—the Wheat Meal also supplied. Country Butter and Eggs. The Society's Publications. Agent for Dr. Nichols' Preparations and Works. Wholesale agent for Humphries and Co.'s Biscuits. Price list free on application. Goods delivered to any part of the town. Orders by post promptly executed.—F. W. Smith, Proprietor.

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Specially designed for grinding Wheat for household use, coarse or fine, to make Brown Bread or Porridge. The difficulty of obtaining a genuine Brown Loaf *possessing all the constituents of the grain* will recommend this Mill to everyone who has observed the beneficial results attending the use of flour so ground. These Mills are highly recommended by the leading physicians, and notably by the eminent surgeon, SIR HENRY THOMPSON.

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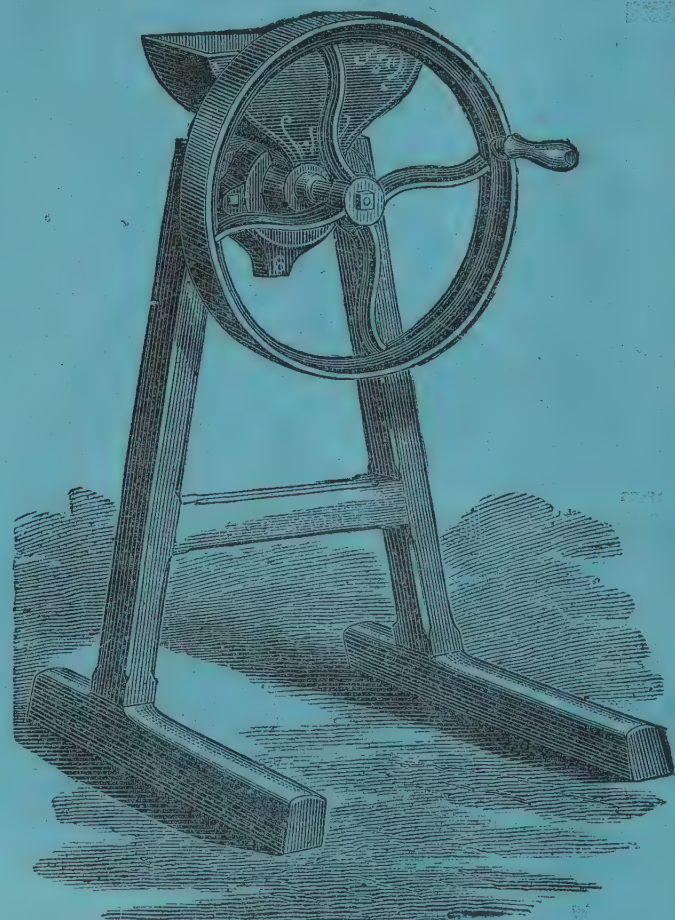
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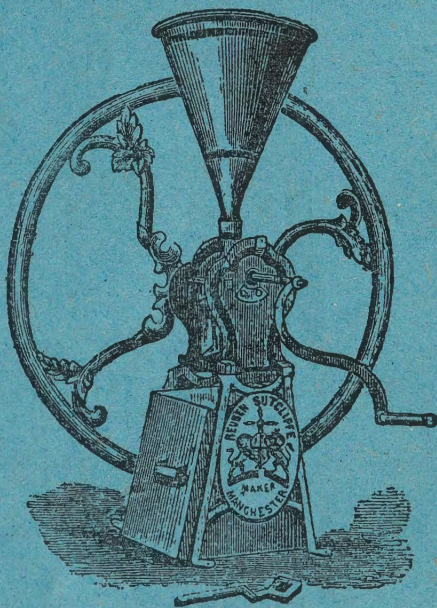
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Sir,—I am well satisfied with the Wheat Mill, and esteem it well worth the money. It is a great acquisition to any one who knows the value of Pure Wheat Meal Bread; and, apart from its great utility, is an ornament in any working-man's house.—Yours,

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Is the whole of the wheat. It contains more Phosphates than any other flour. Only requires mixing with water and a little salt, and baking in a hot oven to make the most nutritious bread. Is most agreeable and easily digested by invalids. Is the most wholesome food that can be given to growing children. **No Barm or Baking Powder Required.**

For BROWN BREAD.—To the flour add usual quantity of salt, mix well with cold water, to make dough of proper consistence, then bake in tins or on the oven bottom, as desired. Bake in a hot oven.

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